

Emergency Survival Kit for people with Diabetes

Natural disasters can occur at any time so it is important to have a personal emergency kit available. Include at least 2-4 weeks supply in your kit and check the expiry dates every three months.

CHECKLIST: what to include in your emergency kit

- ☐ Oral medication
- ☐ Sterigel
- ☐ Blood glucose strips and meter
- ☐ Optium blood ketone test strips and meter (Type 1 Diabetes)
- ☐ Spare meter batteries
- ☐ **INSULIN – LONG/SHORT ACTING. Use and replace the insulin every 2-3 weeks to avoid it expiring**
- ☐ Syringes / insulin pen and pen needles
- ☐ Hypo treatment – e.g. Glucose tablets and muesli bar
- ☐ Glucagon hypokit (Type 1 Diabetes)
- ☐ Cartridges/reservoirs/ Infusion sets with cannulas (Insulin pumps)
- ☐ Alcohol wipes or IV/Skin Prep/tape/spare pump batteries (Insulin pumps)
- ☐ An up-to date list of your medications, insulin and doses
- ☐ An up-to date list of your basal rates, carb ratios and ISF and targets (Insulin pumps)
- ☐ Emergency phone numbers – diabetes nurse & /or physician, GP, pharmacy, pump representative, next of kin

